

Prevent Strains and Sprains

Restaurant Safety Infographic

Kitchen Safety

PREVENT STRAINS AND SPRAINS



Provide training on safe lifting techniques.

Avoid reaching above shoulder height; use a ladder or step stool.

Store heavier items on middle shelves to avoid reaching or bending.



Use hand trucks and carts whenever possible. Push carts, instead of pulling, to reduce stress.

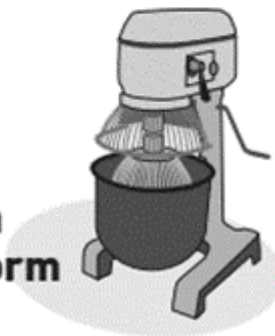


How do I feel? Being distracted, stressed, or overly tired can be unsafe, too.

Use mechanical equipment when possible to perform repetitive tasks.

Rotate tasks to avoid repetitive motion injuries.

Provide anti-fatigue mats when prolonged standing is required.



Source: <https://www.saif.com>